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Can Electromyostimulation be an option for OSA Treatment?

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Obstructive Sleep Apnea (OSA) is a chronic disease characterized by the total collapse of the upper airway during the passage of air. This intermittent episodes of breathing can cause intermittent hypoxia and hypercapnia. This condition has a negative impact not only in the human body leading to hormonal changes (diabetes, insulin resistance and obesity), cardiovascular disease (arterial high blood pressure, atrial fibrillation, cardiac disease) and cognitive functions, behaviour and performance but also a huge impact on the quality of life. The most remarkable change that occurs during sleep is the decrease of muscle tone and the total collapse of the pharynx in the nasopharynx and oropharynx area. It is largely known that the increase of pharyngeal muscle tone activity, decrease the collapse of the upper airway. Indeed the incomplete muscle response to hypercapnia, hypoxia and negative pressure has been pointed as one of the non-anatomic phenotypes and one of the possible predictor factors for apneas. Several scientific publications demonstrate that the use of TENS-Transcutaneous electrical stimulation in muscle dysfunction or muscle inactivity, improves muscle tone and recovery function. Dentists play a very important role and are in the first line not only to identify the skeletal growth pattern but also to apply treatment. Therefore Dentists must have knowledge on Sleep and Dental Sleep Medicine and should be part of the multidisciplinary sleep team.

Biography

Susana Falardo Ramos, is Doctor of Dentistry from the Egas Moniz Superior Institute, Lisbon- Portugal, as a Master Science degree on Myofunctional Therapy from the Superior Institute of Psychologic Studies Madrid-Spain and completed her PhD from Complutense University of Madrid- Spain. She has collaborated as a Professor on a research and an academic level in the Prevention and Public Health Program at the School of Dentistry at the Complutense University of Madrid-Spain, since 2015. In 2017 she became a Qualified Dentist by the European Academy of Dental Sleep medicine and in 2020 achieved the International Certificate by the American Board of Dental Sleep Medicine. She is a Board Member and Vice-Presidente of the EADSM and a Scientific Committee member of the AADSM.